



The National Survey of Children's Health

Overweight and Physical Activity Among Children:
A Portrait of States and the Nation 2005

North Dakota

All statistics are based on parental reports.

| National % | State % | |
|------------|---------|---|
| 14.8 | 12.1 | Percent of children who are overweight |
| 21.9 | 21.1 | Age 10-11 |
| 14.4 | 11.4 | Age 12-14 |
| 10.7 | 7.4 | Age 15-17 |
| 22.4 | 16.0 | 0-99% Federal poverty level |
| 19.0 | 14.2 | 100-199% Federal poverty level |
| 13.7 | 11.7 | 200-399% Federal poverty level |
| 9.1 | 9.2 | 400% Federal poverty level or more |
| 18.1 | 13.1 | Male |
| 11.5 | 11.1 | Female |
| | | Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week |
| 71.3 | 75.4 | |
| 78.2 | 82.7 | Age 10-11 |
| 74.2 | 75.4 | Age 12-14 |
| 63.3 | 70.8 | Age 15-17 |
| 76.8 | 80.4 | Male |
| 65.6 | 70.1 | Female |
| | | Percent of children who were on a sports team or took sports lessons during the past 12 months |
| 58.6 | 71.4 | |
| 61.5 | 73.8 | Age 10-11 |
| 61.6 | 75.8 | Age 12-14 |
| 53.4 | 66.2 | Age 15-17 |
| 62.1 | 75.0 | Male |
| 55.0 | 67.4 | Female |
| 72.9 | 78.0 | Percent of children with at least one parent who exercises regularly |